

FLETC GALLEY

LOW COUNTRY KITCHEN 07-29-23----08-04-23

BREAKFAST

BREAKFAST

- DAILY SELECTION-FARM FRESH EGGS SAUSAGE PATTIES, SAUSAGE LINKS, CORNED BEEF HASH, HAM, BACON, FRIED POTATOES, GRITS, OATMEAL, FRESH FRUIT •
- MONDAY- BLUEBERRY PANCAKES TUESDAY-FRENCH TOAST
- WEDNESDAY- WAFFLES THURSDAY- BANANA PANCAKES
- FRIDAY-WAFFLES SATURDAY- FRENCH TOAST STICKS SUNDAY-WAFFLES

LUNCH SELECTIONS

PHILLY CHEESE STEAK, *SATURDAY* BUTTERFLY SHRIMP

PASTA, MARINARA SAUCE, SWEET POTATO WEDGES,
SAUTÉED VEGETABLES, STEAMED KALE

COUNTRY FRIED STEAK, BBQ *SUNDAY* CHICKEN

YELLOW RICE, AU-GRATIN POTATOES, GREEN PEAS,
CARROTS

LOW-COUNTRY SHRIMP & GRAVY, *MONDAY* FRIED PORK CHOPS

STEAMED RICE, SMOKED GOUDA GRITS, ROASTED
POTATOES W/ GARLIC & HERB, GRILLED
ASPARAGUS, ROASTED VEGETABLES

SHREDDED BEEF QUESADILLAS, *TUESDAY* CHIPOTLE CHICKEN, BAJA FISH

WARM FLOUR TORTILLAS, FRIED NACHO CHIPS,
NACHO CHEESE, CILANTRO LIME RICE, BLACK
BEANS, MEXICAN VEGETABLES, STREET CORN

FRIED CHICKEN, HERB BAKED *WEDNESDAY* CHICKEN, SOUTHERN BBQ RIBS

DIRTY RICE, MASHED POTATOES, BROWN GRAVY,
SOUTHERN GREEN BEANS, OKRA & TOMATO STEW

CHICKEN POT PIE, HERB *THURSDAY* ROASTED PORK LOIN

WILD RICE, SCALLOPED POTATOES, GREEN BEANS,
CALIFORNIA BLEND

HICKORY SMOKED PULLED PORK, *FRIDAY* FRIED FISH

RED RICE, BAKED MAC & CHEESE, BBQ BAKED
BEANS, SOUTHERN STYLE COLLARDS W/ SMOKED
TURKEY, HUSH-PUPPIES, COLE SLAW

BANANA PUDDING, YELLOW CAKE W/ CREAM CHEESE ICING,
APPLE PIE, KEY LIME PIE, STRAWBERRY CHEESECAKE, FRESH
BAKED CHOCOLATE CHIP COOKIES

SOUPS

MONDAY-CREAM OF BROCCOLI SOUP--TUESDAY--CHICKEN
TORTILLA SOUP, WEDNESDAY--HOME STYLE CHILI, THURSDAY--
CHEF'S SELECTION, FRIDAY-- LOADED POTATO SOUP

DAILY LUNCH HEALTH FOOD MENU

(MONDAY-FRIDAY) Daily Chef Selected
Seafood Item~ Roasted Chicken~
Vegetarian Entrée~ Steamed Brown Rice
~ Quinoa & Cous Cous~ Chef Selected
Vegetables ~ (ALL ITEMS WILL BE
SALT AND BUTTER/MARGARINE FREE)
Flavored w/ Olive Oil & Chef Selected
Herbs and Spices VEGETABLES MAY
BE SUBJECT TO CHANGE BASED ON
AVAILABILITY

DINNER SELECTIONS

ASSORTED PIZZA, CHICKEN *SATURDAY* TENDERS

PASTA, MARINARA SAUCE, ALFREDO SAUCE,
POTATO WEDGES, ROASTED CAULIFLOWER,
STEAMED SPINACH

HERB CRUSTED ROAST BEEF, *SUNDAY* BROWN SUGAR BRAISED HAM

MASHED POTATOES, STEAMED RICE, COUNTRY
GRAVY, BROWN GRAVY, SAUTÉED SQUASH &
ONIONS, ROASTED BRUSSELS SPROUTS

BEEF BOURGUIGNON, HONEY *MONDAY* DIJON CHICKEN

BUTTER EGG NOODLES, STEAMED RICE, MARINARA
SAUCE, VEGETABLE MEDLEY, BUTTERNUT SQUASH

CREAMY TURKEY TETRAZZINI, *TUESDAY* GRILLED CAPRESE FISH

OVEN ROASTED DICED POTATOES, BUTTERY GARLIC
RICE, BALSAMIC GLAZED VEGETABLES

MEATBALLS & MARINARA, *WEDNESDAY* VEGETABLE LASAGNA

ASSORTED PASTA, ASSORTED SAUCE, GARLIC
BREAD, ITALIAN VEGETABLES, ASPARAGUS

GRILLED RIBEYE, FRIED OYSTERS *THURSDAY*

BAKED POTATOES, SWEET POTATOES, HERB RICE,
SAUTÉED MUSHROOMS, STEAMED BROCCOLI

BEEF CARNE ASADA, FIESTA LIME *FRIDAY* CHICKEN

MEXICAN RICE, MEXICAN POTATOES, BORRACHO
BEANS, SAUTÉED PEPPER SALAD, ROASTED
MEXICAN ZUCCHINI

HOURS OF OPERATION WEEKDAY HOURS BREAKFAST 6:30am-8:15am LUNCH
11am-1pm DINNER 4:15pm-7pm WEEKEND HOURS BREAKFAST 8am-9:15am
LUNCH 11:30am-1pm DINNER 5:30pm-7pm